

Burping and Nighttime Feeding

All babies need to be burped when being fed; typically they are unable to burp on their own until they are able to support themselves sitting up. Bottle-fed babies will need to be burped every half-ounce initially. Once she is 4-6 months of age, she will probably be able to drink 6-8 ounces before needing to burp. Breastfed babies will need to be nursed in between switching breasts and will typically be able to complete an entire feeding before burping by the same age as bottle-fed babies. With both breastfeeding and bottle-feeding, there is a certain amount of spitting up. This is normal and to be expected. However, if you feel your baby is rejecting too much of her meal after consuming it, talk to your pediatrician. Burping can be achieved several different ways:

- Place your palm around the baby's chest, with your fingers straddling her chin. You may support her bum on your knees, but allow her weight to be supported only by your hand. Use your other hand to gently pat her back with a cupped hand.
- Put your baby high on your shoulder, with her head and arms freely dangling over your shoulder. Hold on tightly to her legs so she cannot wiggle away and use your other hand to gently pat her back.
- In a sitting position, put your baby over your thigh, supporting her upper chest and head with one hand and hooking her feet between your legs. Use your cupped hand to gently pat her back.
- Cradle your baby in your arms with her bum in your hands. Wrap one arm and leg around your arm, facing her away from you. Use your other hand to pat her gently. If you need to use simethicone with your baby, do so. You cannot overdose on the stuff, and it will prevent more gas from being trapped in her intestines than already is. If your baby ends up with "fanny burps," you will probably have to help her expel them. Bend her knees up to her chest, gently, and use a light rocking motion (up & down) as you do this—it will help her expel the gas and make her more comfortable. Nighttime feeding can be summed up in this way: you rule the day, she rules the night. Although you have your baby on a flexible routine during the day in which you determine when she is hungry and eats, permit her to do it for you at night. Do not get up and feed her at "the appointed time," permit her to wake you up and let you know she's ready to eat. A newborn generally can go 3-4 hours at night and as she grows she will extend her time at night.